



**STAY HEALTHY
AND ACTIVE!**

HUALAPAI ELDERLY CENTER



**We have coordinated with
Athena Crozier, Hualapai
Special Diabetes Program for
Indians, Health Educator/Fitness
Specialist. She'll be your
instructor.**

**STARTING
APRIL 5, 2022
EVERY TUESDAY
MEET AT THE ELDERLY
CENTER
WALK AROUND
FACILITIES
FROM
9:00 AM TO 10:00AM**

NOTICE



**PLEASE USE HAND
SANITIZER AND WEAR
A FACE MASK IF YOU
ARE EXPERIENCING
FLU LIKE SYMPTOMS
BEFORE PROCEEDING**

**STARTING
APRIL 6, 2022
EVERY WEDNESDAY
FROM
9:00 AM TO 10:00 AM
MEET AT THE
ELDERLY CENTER
FOR CHAIR EXERCISES
587 CANYON VIEW
DRIVE
PEACH SPRINGS,
ARIZONA**

POSTED 4/04/2022 BY STAFF MEMBER ANTONIA
COGBURN